## Your Mediterranean Meal Planner

### Monday

**Breakfast**
- Bircher muesli
  - 275 kcal • 39.6g carbs • 4.8g fibre
  - 9g protein • 1 F&V

**Snack**
- 125g Greek yogurt and 138g peach
  - 212 kcal • 8.1g fibre

**Lunch**
- Hearty minestrone soup
  - 305 kcal • 40.7g carbs • 3.7g fibre

**Snack**
- 30g plain almonds, 40g carrot sticks and 30g houmous
  - 289.6 kcal • 4.6g fibre

**Dinner**
- Grilled lemon and chilli chicken with cous cous
  - 346 kcal • 24.1g carbs • 3.7g fibre

**Snack**
- 1 medium 85g banana
  - 69 kcal • 17g carbs • 4.6g fibre

**Milk**
- 225ml whole milk
  - 142 kcal • 10.3g carbs • 7.5g protein • 0 F&V

**Totals**
- 1775.6 kcal • 181g carbs • 28.6g fibre
  - 91.7g protein • 7.5 F&V

### Tuesday

**Breakfast**
- Bircher muesli
  - 275 kcal • 39.6g carbs • 4.8g fibre
  - 9g protein • 1 F&V

**Snack**
- 131g apple and 30g crunchy peanut butter
  - 238 kcal • 3g fibre

**Lunch**
- Salmon, red onion and sweet pepper wraps
  - 396 kcal • 6g fibre

**Snack**
- 2 oatcakes, 100g cottage cheese and 80g cucumber
  - 204 kcal • 3g fibre

**Milk**
- 225ml semi-skimmed milk
  - 103.5 kcal • 8g protein • 0 F&V

**Totals**
- 1882.7 kcal • 201.8g carbs • 32.2g fibre
  - 112.3g protein • 10 F&V

### Wednesday

**Breakfast**
- Bircher muesli
  - 275 kcal • 39.6g carbs • 4.8g fibre
  - 9g protein • 1 F&V

**Snack**
- 80g honeydew melon and 125g Greek yogurt
  - 459 kcal • 6.6g fibre

**Lunch**
- Hearty Spanish omelette and 20g salad
  - 459 kcal • 47.3g carbs

**Snack**
- 30g plain almonds
  - 184 kcal • 2g fibre

**Milk**
- 225ml whole milk
  - 142 kcal • 10.3g protein • 0 F&V

**Totals**
- 1876 kcal • 186.3g carbs • 36.5g fibre
  - 67.8g protein • 10 F&V

### Thursday

**Breakfast**
- 2 slices medium cut granary toast, 30g crunchy peanut butter and 85g banana
  - 407 kcal • 51g carbs

**Snack**
- Warm exotic fruit salad with 125g Greek yogurt
  - 355 kcal • 12.4g fibre

**Lunch**
- Chickpea and tuna salad
  - 396 kcal • 32.1g protein

**Snack**
- 2 oatcakes and 60g houmous
  - 274 kcal • 5g fibre

**Milk**
- 225ml semi-skimmed milk
  - 103.5 kcal • 8g protein • 0 F&V

**Totals**
- 2002.5 kcal • 187.4g carbs • 39.8g fibre
  - 122.5g protein • 11 F&V

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All recipes marked with a ● are available at diabetes.org.uk/recipes.
**YOUR MEDITERRANEAN MEAL PLANNER**

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### Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Recipe Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Very berry porridge</td>
<td>348 kcal • 46.7g carbs • 7.9g fibre 12.8g protein • 1 F&amp;V</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>138g peach</td>
<td>46 kcal • 10g carbs • 3g fibre 1g protein • 1 F&amp;V</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Minted aubergine with spinach and pine nuts with 95g grilled chicken breast</td>
<td>328 kcal • 17.6g carbs • 10g fibre 38.9g protein • 4 F&amp;V</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Crisp salmon salad</td>
<td>343 kcal • 23g carbs • 4.2g fibre 24.3g protein • 0 F&amp;V</td>
</tr>
<tr>
<td><strong>Pudding</strong></td>
<td>Apple, blackberry, oat &amp; seed crumble</td>
<td>194 kcal • 31.8g carbs • 5.2g fibre 5.8g protein • 1 F&amp;V</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>50g Spicy roasted chickpeas</td>
<td>79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0 F&amp;V</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>225ml semi-skimmed milk</td>
<td>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td>1791.5 kcal • 155.9g carbs • 35.2g fibre 107.7g protein • 8.5 F&amp;V</td>
<td></td>
</tr>
</tbody>
</table>

### Saturday

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>2 poached eggs 50g each, 55g rye bread and 10g veg oil-based spread</td>
<td>332 kcal • 25g carbs • 3g fibre 21g protein • 0 Fruit &amp; Veg F&amp;V</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>80g raspberries and 125g Greek yogurt</td>
<td>186 kcal • 10g carbs • 3g fibre 8g protein • 1 F&amp;V</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Roast mackerel with a curried coriander crust with 130g/4 baby new potatoes and 80g broccoli</td>
<td>398 kcal • 29.4g carbs • 8.2g fibre 30g protein • 1 F&amp;V</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Aubergine and courgette parmesan bake and 80g peas</td>
<td>285 kcal • 21.1g carbs 12.3g fibre • 8g protein • 6 F&amp;V</td>
</tr>
<tr>
<td><strong>Pudding</strong></td>
<td>Fruity chocolate tray bake</td>
<td>93 kcal • 10.5g carbs 0.9g fibre • 1.1g protein • 0 F&amp;V</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>30g plain almonds</td>
<td>184 kcal • 2g carbs • 2g fibre 6g protein • 0 F&amp;V</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>225ml whole milk</td>
<td>142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&amp;V</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td>1773 kcal • 123.3g carbs • 32.4g fibre 101.5g protein • 9 F&amp;V</td>
<td></td>
</tr>
</tbody>
</table>

### Sunday

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>30g oat flakes, 125g Greek yogurt, 80g raspberries and 85g bananas</td>
<td>367.2 kcal • 45g carbs • 6.7g fibre 12.3g protein • 2 F&amp;V</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>30g plain almonds</td>
<td>184 kcal • 2g carbs • 2g fibre 6g protein • 0 F&amp;V</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Hearty minestrone soup</td>
<td>305 kcal • 40.7g carbs • 8.1g fibre 10g protein • 2 F&amp;V</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Greek homestyle chicken with Tomato, olive, asparagus and bean salad</td>
<td>453 kcal • 38.8g carbs • 10.6g fibre 48.2g protein • 2 F&amp;V</td>
</tr>
<tr>
<td><strong>Pudding</strong></td>
<td>Warm exotic fruit salad with 125g Greek yogurt</td>
<td>278 kcal • 30.2g carbs • 3.9g fibre 7.9g protein • 2 F&amp;V</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>50g Spicy roasted chickpeas</td>
<td>79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0 F&amp;V</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>225ml semi-skimmed milk</td>
<td>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td>1813.7 kcal • 185.5g carbs • 36.2g fibre 98.3g protein • 9.5 F&amp;V</td>
<td></td>
</tr>
</tbody>
</table>

### SHOPPING LIST

- All recipes marked ● are available at diabetes.org.uk/recipes
- Your Mediterranean Meal Planner

**Shopping List**

- **Breakfast:** Very berry porridge
- **Snack:** 138g peach
- **Lunch:** Minted aubergine with spinach and pine nuts with 95g grilled chicken breast
- **Dinner:** Crisp salmon salad
- **Pudding:** Apple, blackberry, oat & seed crumble
- **Snack:** 50g Spicy roasted chickpeas
- **Milk:** 225ml semi-skimmed milk

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**Total Calories:**

- **Friday:** 1791.5 kcal
- **Saturday:** 1773 kcal
- **Sunday:** 1813.7 kcal

**Total Carbs:**

- **Friday:** 155.9g
- **Saturday:** 123.3g
- **Sunday:** 185.5g

**Total Fibre:**

- **Friday:** 35.2g
- **Saturday:** 32.4g
- **Sunday:** 36.2g

**Total Protein:**

- **Friday:** 107.7g
- **Saturday:** 101.5g
- **Sunday:** 98.3g

**Total F&V:**

- **Friday:** 8.5
- **Saturday:** 9
- **Sunday:** 9.5